

LEARN

EXERCISE SCIENCE AND HEALTH PROMOTION AT CABRINI

The documented health benefits of physical activity have made supervised exercise programs, personal training, and other health-promotion initiatives an integral inclusion of preventive medicine.

The **Exercise Science and Health Promotion** major, offered in the Health and Exercise Sciences Department, is ideal for students who enjoy studying sciences like biology, anatomy, and physiology, and want to help others improve their quality of life.

As an Exercise Science and Health Promotion major, you choose the **Sports Science** or the **Health and Wellness Management** track.

You will work closely with faculty in a classroom setting, as well as in the Human Performance Laboratory. Exercise Science and Health Promotion majors may find careers in sports conditioning, corporate and community wellness, cardiac rehabilitation, commercial fitness, wellness for aging adults, physical therapy, and hospital-based fitness. This degree also prepares students to apply to many graduate programs in the field.



RELATED CLUBS AND AFFILIATIONS

- National Wellness Institute Student Chapter
- Sigma Zeta (natural science and mathematics honor society)

INTERNSHIP AND CAREER OPPORTUNITIES

Exercise Science and Health Promotion majors are required to complete an internship during their senior year. Students have interned at places such as:

- American A.I. duPont Hospital for Children/Nemours
- Beaumont Retirement Community
- Bryn Mawr Hospital Cardiac Rehab
- Chester County Health Department
- The Children's Hospital of Philadelphia (CHOP)
- Doylestown Health and Wellness Center
- Fitness Trainers Inc.
- HealthEase Inc.
- Health Fitness Corporation ARAMARK
- Health Promotion Council of PA
- Lourdes Health System/Health and Fitness Department
- Maplezone Sports Conditioning
- Pain Relief Physical Therapy
- Paoli Hospital Cardiac Rehab
- Penn Medicine/Employee Health
- Villanova University Football
- William G. Rorer Center for Health & Fitness
- YMCA

AFFILIATED PROGRAMS

Incoming students in the **Sports Science** track may be eligible to apply to:

- 3 + 3 Doctor of Physical Therapy at Widener University (Sports Science track only)
- 3 + 2 or 4+2 Master of Science in Athletic Training at Jefferson University (Sports Science track only)
- 4 + 2 Master of Science in Athletic Training at Neumann University (Sports Science track only)
- 4+2 Master of Science in Occupational Therapy at Gwynedd Mercy University

EXERCISE SCIENCE AND HEALTH PROMOTION CURRICULUM

The following is a list of courses students take regardless of their selected track:

BIO 230

Human Anatomy and Physiology I

BIO 231

Human Anatomy and Physiology II

ESH 201

Aging, Physical Activity, and Health

ESH 220

Health Promotion/
Disease Prevention

ESH 225

Fundamentals of Exercise Physiology

ESH 319

Personal Training and Group Exercise Instruction

ESH 360

Body Composition and Nutrition

ESH 370

Laboratory Methods in
Exercise Science

ESH 388/488

Senior Internships

ESH 410

Skeletal Muscle Adaptation to Training
and Rehabilitation

ESH 440

Care and Prevention of Athletic Injury

ESH 470

Methods of Exercise Testing and
Exercise Prescription

PED 111

First Aid and CPR

DEPARTMENT CHAIR

Anjuli Gairola, PhD

EXPLORE MORE

cabrini.edu/esh

CONTACT US

Admissions Office
admit@cabrini.edu
800.848.1003
610.902.8552

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